

Full Report (All Nutrients) 45108276, GOYA, RICE & RED BEANS, UPC: 041331026666

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA FOODS, INC.

Nutrient	Unit	Data points	Std. Error	0.25 cup 45g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	356
Protein	g	--	--	4.00	8.89
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	34.00	75.56
Fiber, total dietary	g	--	--	3.0	6.7
Sugars, total	g	--	--	1.00	2.22
Minerals					
Calcium, Ca	mg	--	--	20	44
Iron, Fe	mg	--	--	1.80	4.00
Sodium, Na	mg	--	--	670	1489
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	12.0	26.7
Vitamin A, IU	IU	--	--	100	222
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients
LONG GRAIN ENRICHED PARBOILED WHITE RICE (RICE ENRICHED WITH IRON [FERRIC ORTHOPHOSPHATE] NIACIN, THIAMINE MONONITRATE] AND FOLIC ACID), DEHYDRATE RED BEANS (SMALL RED BEANS, SUGAR, CALCIUM CHLORIDE), RED BEAN POWDER (RED BEANS, CORN STARCH, SUNFLOWER LECITHIN), SALT, GRANULATED GARLIC, DEHYDRATED GREEN BELL PEPPER, TOASTED MINCED ONION, DEHYDRATED ONION, HAM FLAVOR {SALT, AUTHOLYZED YEAST EXTRACT, CORN SYRUP SOLIDS, HYDROLYZED CORN PROTEIN, CANOLA OIL, PARTIALLY HYDROGENATED SOYBEAN OIL, NATURAL FLAVORS [INCLUDING SMOKE] MALTODEXTRIN, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ARTIFICIAL FLAVOR, SILICON

DIOXIDE [TO PREVENT CAKING]], DEHYDRATED RED BELL PEPPERS, TOMATO POWDER [LESS THAN 2% SILICONE DIOXIDE TO PREVENT CAKING], GROUND OREGANO, GROUND CUMIN,
GROUND BY LEAVES *Date Last Updated by Company:* 05/17/2016